

Stress and Coping Strategies for Young People

Everyone experiences stress at some point. This stress can be big or small. It can last for various amounts of time.

What are the things that make you worried or stressed?

1. Write your ideas on the helter-skelter on the next page. Look at the example shown to help you get started.

It can be easy to think about all the things that worry us or cause us stress but can you think of what makes you worry less and feel better?

2. On the next page, write on the helter-skelter what makes you feel less worried and more in control of your feelings. Use the example to help you.



